



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: www.cdc.gov/healthyyouth/sher/standards

Having good relationships with family and friends is important for kids' emotional health. But sometimes it's difficult for children to get along. The following activities will help your students explore their relationships and learn how to communicate better.

Related KidsHealth Links

Articles for Kids:

Getting Along With Parents

KidsHealth.org/kid/feeling/home_family/parents.html

Getting Along With Brothers and Sisters

KidsHealth.org/kid/feeling/home_family/sibling_rivalry.html

Living With a Single Parent

KidsHealth.org/kid/feeling/home_family/single_parents.html

Living With Stepparents

KidsHealth.org/kid/feeling/home_family/blended.html

Living With Grandparents

KidsHealth.org/kid/feeling/home_family/grandparents.html

What Should I Do if My Family Fights?

KidsHealth.org/kid/talk/qa/family_fights.html

How to Be a Good Sport

KidsHealth.org/kid/feeling/emotion/good_sport.html

Saying You're Sorry

KidsHealth.org/kid/feeling/home_family/sorry.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. What are some fun things to do with your family? How about with your friends?
2. Who in your family do you like to talk to? What do you talk about?
3. What do you do when you aren't getting along with your family or friends?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Kindness Rules

Objectives:

Students will:

- Explore ways to get along with each other
- Learn appropriate behaviors for getting along with classmates

Materials:

- Chart paper
- Art supplies

Class Time:

- 40 minutes

Activity:

Getting along with friends makes us feel happy. But sometimes it's hard to get along, isn't it? What are some of the things that make it hard to get along? What are some of the things we can do to get along well here in our classroom? One of the things we can do is to make a list of rules. These will be things that we do, or don't do, that remind us how we can all get along. Let's start by coming up with a name for our rules. What do you think we should call this list? [Note to instructor: Have students suggest items for the list (like "Be kind" or "Share toys") until they run out of ideas.] Do you see any items on this list that seem like they are the same? [Cross off any duplicate ideas. Then write a new set of rules on a fresh sheet of paper, leaving lots of space in the margins. Ask students to decorate the margins of your classroom rules using art supplies. Display the rules prominently in your classroom.]

Extension:

Assign each student a different classroom buddy each week. Once a week, have students do something nice for their buddies – drawing a picture or making a craft for them, writing a note with a compliment, sharing a toy, or playing together on the playground.



Happy Days

Objectives:

Students will:

- Keep track of enjoyable activities with family and friends
- Note the benefits of positive social interactions

Materials:

- “Happy Days” handout
- Crayons, pencils, or markers

Class Time:

- 20 minutes (after a week of tracking)

Activity:

Spending time with friends and family is more than just fun. When you spend time with people you care about, you feel happy. And so do they. For 1 week, place a sticker or draw a smiley face on a day you did any of these activities (or come up with your own activities) with family or friends. Afterward, choose the activity you liked best and draw a picture of you and your family member or friend doing the activity.

Played a game

Sang a song

Went for a walk

Acted silly

Read a book

Talked about your day

Played a sport

Ate a meal

Rode bikes

Danced

Played outside

Extension:

Write a “Thank you” note to the person you did your favorite activity with, and invite the person to do the activity together again soon. Include your picture with the note. Discuss when it’s appropriate to send “Thank you” notes and why people like getting them..

Reproducible Materials

Handout: Happy Days

KidsHealth.org/classroom/prekto2/personal/growing/getting_along_handout1.pdf

Quiz: Getting Along

KidsHealth.org/classroom/prekto2/personal/growing/getting_along_quiz.pdf

Quiz: Getting Along

KidsHealth.org/classroom/prekto2/personal/growing/getting_along_quiz_answers.pdf



Personal Health Series
Getting Along

Name:

Date:

Happy Days

Instructions: Place a sticker or draw a smiley face on each day of the week that you do any of these activities (or write your own activities) with family or friends. After a week, choose the activity you liked best and draw a picture of you and your family member or friend doing the activity on the next page.

Played a game

Sang a song

Went for a walk

Acted silly

Read a book

Talked about your day

Played a sport

Ate a meal

Rode bikes

Danced

Played outside

Other activities:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



Personal Health Series
Getting Along

Name:

Date:

Happy Days

A large, empty rectangular area enclosed by a dashed line, intended for students to draw or write about their happy days.



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. People who are good sports:
 - a) get mad when they lose
 - b) talk about how great they are when they win
 - c) say "Great game!" to teammates and opponents, win or lose
 - d) are really good at sports

2. True or false: Saying sorry can help people get over arguments or other problems.

3. True or false: It's a good idea to turn off the TV during family meals.

4. Kids can make their family members proud by:
 - a) arguing with friends
 - b) never sharing anything
 - c) complaining about yucky food
 - d) trying to get along with people

5. True or false: Spending time with people you care about can make you feel happy.



Quiz Answer Key

1. People who are good sports:
 - a) get mad when they lose
 - b) talk about how great they are when they win
 - c) say “Great game!” to teammates and opponents, win or lose
 - d) are really good at sports
2. True or false: Saying sorry can help people get over arguments or other problems.
3. True or false: It’s a good idea to turn off the TV during family meals.
4. Kids can make their family members proud by:
 - a) arguing with friends
 - b) never sharing anything
 - c) complaining about yucky food
 - d) trying to get along with people
5. True or false: Spending time with people you care about can make you feel happy.